



a2 Platinum® Premium pre, during & post pregnancy formula

This nutritionally advanced **a2 Milk™** drink is specially formulated to support a mother's increased nutritional needs from planning a family, throughout her pregnancy and while breastfeeding. Made from premium **a2 Milk™** it is the only pre, during & post pregnancy formula to contain only the naturally occurring A2 type of the beta-casein protein to the exclusion of the A1 type of beta-casein protein. This milk drink has been formulated to be used as part of a healthy diet which includes a variety of foods.

a2 Platinum® Premium pregnancy formula is fortified with additional nutrients to support the health of mum and her baby:

- ✓ Pre-conception
- ✓ Pregnancy
- ✓ Breastfeeding

Unflavoured, tastes similar to a2 Milk™ powder

Contains omega-3 (DHA & EPA)

No artificial colours, flavours and preservatives

Helps sustain mum's energy levels with B vitamins, and reduce fatigue with vitamin C and magnesium

Rich in calcium and vitamin D

Iron, iodine and zinc to support fetus cognitive function and nervous system development

Good source of folic acid to reduce the risk of neural tube defects*

No added table sugar

* For women of childbearing age. Consume at least 400µg of folic acid/day, at least the month before and three months after conception.



Common FAQs

How is a2 Platinum® Premium pregnancy formula different to a2 Milk™?

a2 Platinum® Premium pregnancy formula is a milk drink fortified with additional vitamins and minerals including folic acid. It is designed to assist women in meeting their increased nutritional needs from pre-conception, during pregnancy and breastfeeding. a2 Platinum® Premium pregnancy formula also has added fibre and omega-3.

How much a2 Platinum® Premium pregnancy formula do I need?

One serve of a2 Platinum® Premium pregnancy formula is 230mL of prepared drink (4 scoops to 200mL of cold or warm water). The recommended intake of a2 Platinum® Premium pregnancy formula is 2 serves per day, or 460mL of prepared drink.

Can I have a2 Platinum® Premium pregnancy formula alongside a pregnancy supplement? (e.g. Elevit)

a2 Platinum® Premium pregnancy formula is designed to be used instead of a pregnancy multivitamin tablet with the added benefits of the nutrition of a glass of milk in each serve. It is not suitable for use alongside pregnancy supplements unless advised by your healthcare professional.

Does this product contain any added sugar?

a2 Platinum® Premium pregnancy formula does not contain added table sugar (sucrose), artificial sweeteners, colours, flavours or preservatives.

Is a2 Platinum® Premium pregnancy formula suitable for women with gestational diabetes or for women with Type 1 diabetes?

The total carbohydrate content of the a2 Platinum® Premium pregnancy formula is higher than a regular glass of milk. Before using a2 Platinum® Premium pregnancy formula, it is best to first check with your treating healthcare professional to assess the suitability of the product for your individual needs. This will depend on other dietary intake, and if on insulin, it will depend on your insulin regime.

Is a2 Platinum® Premium pregnancy formula suitable for infants?

The a2 Platinum® Premium pregnancy formula is designed to help meet the additional nutritional needs of adult women pre-conception, during pregnancy and while breastfeeding. It is a supplementary food, designed to be used in combination with a healthy balanced diet and is intended for consumption only by persons of or over the age of 14 years. **a2 Platinum® Premium pregnancy formula is not suitable for infants or young children.**

Breastfeeding is best

Breast milk is the normal way to feed a baby and is important for baby's health. Breastfeeding will provide the best start to life nutritionally and will also bring other benefits to a mother and her baby. Introducing infant formula could negatively affect breastfeeding.

Healthcare professionals have an obligation to encourage, support and promote breastfeeding and can provide invaluable help to mothers and their families by offering factual information and emphatic support, demonstrating practical skills, and discussing strategies.

Good maternal nutrition is preferred for breastfeeding and reversing the decision not to breastfeed may be difficult. Professional advice should be followed before using an infant formula. Infant formula should be used as directed. Proper use of an infant formula is important to the health of the infant. Social and financial implications should be considered when selecting a method of feeding.

A2 Infant Nutrition Australia Pty Ltd

The a2 Milk Company™ Careline T 1800 22 46 32
a2nutrition.com.au

Disclaimer: The information contained within this document has been developed for use by healthcare professionals and should not be construed as professional medical advice nor as any health claim associated with consuming a2 Milk™ or a2 Platinum® Pregnancy premium formula.

a2 Platinum® Pregnancy premium formula is a supplementary food, designed to be used in conjunction with a healthy balanced diet and is intended for consumption only by persons of or over the age of 14 years.

Important notice: This product is NOT suitable for infants and young children. It is designed for women pre, during and post pregnancy. For more information, please contact The a2 Milk Company™ careline on 1800 224 632.